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(54) Title: **CARTILAGE REGENERATION**

(57) Abstract: The present invention relates to a method for the generation of chondrons and of cartilaginous tissue. In particular, the present invention relates to the ability of Mg ions to stimulate the growth and regeneration of chondrons, particularly of pseudo-chondrons as an intermediate in the regeneration of cartilaginous tissue. Especially, Unphysiologically high extracellular concentrations of Mg are able to regenerate hyaline cartilage, elastic cartilage and/or fibrocartilage via the intermediate form of chondrons.

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